RECOVERY KERNEL

MUDZIDZIRO YEKUMISISA KUBHURUWA: METHAMPHETAMINE.

Kuparara, Nhoroondo, uye Nzira Yekudzoka Kune Chirongwa Chepfungwa Chinobudirira.

Itauru iri rinotevera huwandirwa humwe nehuwandirwa hwechiratidzo che "Forced Discontinuance" chinobva paRecovery Kernel — mhinduro yekuchengetedza, runyorowo rwekufananidzwa kwezvirwere zvemuviri, sarudzo yemararamiro ekushandiswa, maitiro ekudzoka zvakare, uye huwandirwa hwese hwehutano - uchishandurwa kuti uenderane nezvaanoreva kuita kurodza kwemethamphetamine. Haisi ngozi yekukonzera kushunguruka semamiroro a benzodiazepine. Saka, sezvinotaura Recovery Kernel pachayo, 'ino inzira imwe yemaitiro akanyanya kusagadzikana anogona kukanganisa mumuviri' munhu angangodaro, uye inongoita ngozi yacho: kupera kunokonzera kurwadzi kwakanyanya kwekunyara uye kushungurudzika zvine simba zvekuti kunenge kungova njodzi yekufa. Chidzidzo chino chinotarisa ngozi iyi nehunhu hwakafanana nanhunhu chidzidzo chebenzo chinoshandiswa pakurapa kuderera kwemwoyo.

Section 0 - Chengetedzo Yekupfuura: Verengai Izvi Pakutanga.

⚠ YERAI.

KUBVARA KWEMETHAMPHETAMINE HAKUNA KUKUFURIRA NECHIMWE CHINOFANANA NENYAYA YEKUVARA KWEMADHERA ESE ARI MUCLASS YEBENZODIAZEPINE, KANA KUVA KWEDORO. ASI "KUSHONA" KWAKAITWA NEMASHANDISIRO AKAREBA KANA ANOGONDA KWEKWANGU, KUNOITA ZVIMWE ZVINONYANYA KUKOMBEKA MUZVAKWANOBVARA. UFURIRANO HURI NGUVA YEKUTYA INOKONZESA KWEMAMWE, UYE INE NGOZI YECHAIVHA. CHENJERAI "KUSHONA" KWAKAITWA NEMASHANDISIRO AKAREBA KANGA NEZVIMWE ZVINONYANYA KUKOMBEKA ZVAKATORIRWA MUBUCHIJE BWERI.

Tsvaga rubatsiro rwereka pakarepo kana iine zvinotevera:

- Kana iine mafungiro ekufa kana kukuvadza vachamuka, kana kuti kunzwa kuti kurwadzi kwekutambura kwemamirwo kuri kupfuura zvauchakwanisa kuzvimirira, bhuraita kana utumire meseji ku988, kana kuti tuma "HOME" ku741741, zvese zviri nyore zuva rose.
- Kurwadza mwoyo, kudedera kwebofu, kushaya simba kufema, kurwadzi yakakura nehasha, kana kuti kusanzwa mumeso kana muruoko - izvi zvinogona kuchiratidzo chekuremara kwemoyo kana kutonhora, zvose zvinenge ngozi dzinokurukira mushure kwekushandisa zvidiki zvekushandisa, uye zvinoda kufona 994 pakarepo.

- Kunenge zvakanyadzisa, kuona zvemupungwa usina zvechokwadi, kana kusagona kuti ukwanise kubatidza chinhu chaunozviziva. Kunyanya kana uchida kushandisa "meth", izvi zvinogona kuramba zvakadai kwemazuva kana mavhiki apo watanga washandisa, uye inoda kufungidzira nemudokotori.
- Kukanganisa kwakanyanya kana kunzwa kuti hauna kuchengeta zvamuriita.

DZAKAMAHARA

Kukanganiswa kwakadai - kushungurudzwa zvakanyanya, kufunga kwezvozvakasimba, kurwadziwa zvinonyanya, uye kunyemwerera - kunotarisirwa uye hakusi, pachake, ngozi yekutambira. Iri muviri uchiita kuti utore simba. Musiyano unonyatsobatika ndeiwo wakafanana neunoitwa muchigadziriso cheSSRIs: mhepo yepamoyo nekuchengetedzwa, kwete kurwadziwa. Kana usina kuvimbiswa, bvisa zvinhu.

Itaurai 1 — Nei Uye Nekuti Bhuku Rino Rakaitwa.

Chinyorwa zvebhuku remutsetse wekuvhara kwechiropa chinonzi "Recovery Kernel" zvinoratidza zvakajeka: 'zvinhu hazvanyatsoipa. Uropi hwako huri kushanduka. Kunyanya kunotsamira kwacho kuri chiratidzo chekuti kugadzirisa kuchiri kutanga.' Sentenzi iyi ndiyo pfungwa huru yechikomba chidiki chinoita kuti uvhare chiropa. Kuvhura kwechiropa hakuna chinhinja chemakemikari chinogona kubatsira, uye hakuna nzira yakachena yekushandisa zvimwe zvinokuvadza uye kuderedza huwandu hwazvo, senge benzodiazepines kana opioids - hakuna chinhu chakafanana ne "cross-taper" pano. Pane imwe sarudzo, iri mutsara wezvakanyorwa, inogona kuwanikwa, uye kunzwa nezvemutsara iyu panguva yacho inzira yekudzivisa ngozi: ndiyo musiyano pakati pe "kunyanya kunotsamira kwacho kunoreva kuti ndinoda chiropa zvimwe." "zvinzwe zvakanaka" uye "kudzvina uku ndiyo zuva rechitatu remaitiro yakanyorwa ichipera."

Nhoroondo Pfupi: Maitiro Enyaya Yakanyadzwa Yakawanikwa.

Methamphetamine yakaitwa munguva yekutanga muna 1893 nechemist weJapan, Nagai Nagayoshi, achishandisa ephedrine, uye yakazvara kuita chimiro chakaratidzika kusvika nhasi muna 1919 naAkira Ogata. Yakapatentwa uye yakaitwa pedyo muJapan muna 1920 pachinzvimbo chinonzi Philopon, yakafanirwa kushandiswa kunyenganyenga, kurutidzika, uye kudzikisa simba - chigadzirwa chepfarmasi yekuti chaivimbiswa, asi isati yanzwisiswa sechinenge chakanganisa.

Izvo nezvakachinja nekuda kwekushandiswa kwazvo zvakawanda munguva yeNdokuro yechipiri. Makemistsi veGerman aiva kuTemmler vakapa patenti formula yavo yemethamphetamine muna 1937, uye muna 1938 yakatanga kutengeswa mumitambo pasi pezita rekutengesa rePervitin — yakafambiswa kumasoja eWehrmacht zvakawanda (mataburu anenge mamiriyoni), kunyanya kuti vasvike nguva dzose, uye kuvanhu vemunharaunda vanogadzira zvekushandisa kuti vashande kwenguva refu. Japan yakaitawo chirongwa chakafanana, yakapa methamphetamine kumapiroti e-kamikaze uye kune vanhu vemunharaunda vanogadzira zvekushandisa nechinangwa chakazvakanaka: yakabvumira vanhu

vakanyangara kuti vachambe kushanda. muropa ravo raizotarisira kuti irambe kuvhara.

ICHIYENDE CHEMAKORE.

Iri ndima yechinyakare yekubudira chiyero chakafanana chinowanzoitwa muSection 5 yeiyo bhuku—kushandisa chinhu chinoshonga kuti urambe uchishanda nekugadzirisa simba rinenge rasvika pakupedzwa. Iyi yaive chokwadi kwevarwi vakapera simba uye vashandi vefekitori muna 1940, uye ichiri chokwadi nezvekuyero zvakafanana nhasi.

Ngo kumhara apo, ngoziva kuti ngoine ngoita zvakaipa. Nyika yeJapan, pakati pekuti, yakanga yaona chirwere chakakura mushure memakore ekurwa, apo zvikuru zvakange zvachengetedzwa nemauto munguva yekurwa zvakapinzwa mumusika wevanhu — zvinoenderana neimwe nyanzvi, chikamu chakakosha chemupopulation yakanga yashandisa chinhu ichi munguva pfupi mushure mekuguma kwemakore ekurwa. Kuomesa kwezvinangwa sezvekushandiswa, kushungurudzika, uye kusangana nemamiriro akaderera zvemuviri kwainge kakuru zvekuti Japan yakagadzira Mutemo weKudzorera Zvakanyanya muna 1951, mumwe wemautano ekutanga emutemo wekudzora chinhu chakakosha munyika yese — mhinduro chaiye yemitemo yekuronga zvinhu zvainge zvakaratidzwa nemusimboti nekuda kwekushandiswa kwazvakanaka. Zvainge zvakanditambisa hondo yakakura uye Nhengo dzinoratidza kuti chirwere chakanyanya kuita kunyore pamakumi emakore '40, zvinogona kufanana nemufundiro waunodzidzisa mune iyo "Section 2 timeline" yeiyi bhuku. Chirwere ichi chinokuvadza mumuviri zvakananga sezvo mumuviri unoshandiswa kupfuura kwazvatinorega.

Sezheni 2 - Nhoroino yeKudzima.

Mudzidziso wehunhu.	Zvinoreva here kuti chii chinoitika mumuviri?	Zvinenge sei.	Zvinofanira kuitwa.
Maawa 0-24 (Kukunda).	Miresi yedopamine yakadaro, uye mashoko emirekodhi akatevera.	Kusanzwisiswa zvikuru, kururama kwezvaunonzwa. * Kunonoka zvakanyanya, kufunga kuti unoda kuvhunduka nguva dzese, kushungurudzika, kuneta zvikuru, kusavaka, kutya, uye kuzvidaro.	Dzorera. Dya. Inwa mvura. Usarwisa kufa —iyo ndiye muviri uchiita kuti utore simba zvakare. Magadziridzo emuviri.
Mazuva 1-5 (Mudhende).	Dopamine yakaderera pasi; ma receptor eD2 akasara ekaderedzwa; mune mamiriro ezvinhu, muropa	Kunzwa kunenge kwakaipa, kusagona kufara nezvinhu, kushungurudzika zvakanyanya, kuda	Iri ndiro nguva yekudzoka kuita zviito uye yekunetsa yakanakidza muvhaya iri yese. Usave wega

Mudzidziso wehunhu.	Zvinoreva here kuti chii chinoitika mumuviri?	Zvinenge sei.	Zvinofanira kuitwa.
	unenge uchida zvakanyanya kemikari iyoyo yaanowana kuti abatsirane nayo.	zvinofira zvakanyanya, kusagona kurarama zvakanaka, kuzvitambanudza.	kana zvichidikanwa. Tumira meseji findahelpline.com kana uine nyhondo. Dzamisa bvunzo rekutanga rekuwedzera (Section 8).
Mazuva 5-14 (Nenguva yekutonhora).	Zviratidzo zvekukonzera zvakaderera, asi simbi yedopamine ichiri kushome zvakanyanya; kugadzirisa kwezvinoreva (receptors) kwatanga chete.	Kusagona kwehutano hwakadzikira, kusada kuita zvinhu, kusagona kuroorera, kushoma kwemahara, uye kufamba-famba kwezvinodiwa.	Bva mwoyo wekuroora – iyi ndiyo nharaunda yekugadzirisa (Sezvo 3). Dzama kuona uye kudzivisa zvikonzero zvepakudziro dzinogumbatidzwa nemamiriro ekunze.
Zvose zviri pakati pevichengete dzo yepamwedzi 2 kusvika 4 (Kudzoka kwakadzikama).	Kudhedhezha kweDRD2 kunotanga kuona kupora, kuumbwa kwedopamine kunowedzera zvishoma nezvishoma, uye kugadzirisa kweiyo prefrontal cortex kunotanga.	Kudzoka kwemamiriro akanaka zvishoma nezvishoma uye asingafanirwe; kufara kwekunzwisisa kuchinja; kutsvaira kuchinja kubva kuita chinhu chinenge chisiri nguva dzese; kurapwa kwekurara kunyatsogadzikana.	Chengeta huwandamira hwezuva zuva. Miganhu yekutanga inogona kuita zvinhu zvinonzwisiswa uye zvinogona kupfuura, asi hazvifaniri kuzotangazve panguva imwechete.
Mwedzi 1-3	Kugona kweD2 receptor, kudzorwa; kuzadzika kwegray matter mufrontal cortex; kuita kwakadzikiswa kwekuvaka dopamine.	Kudzoka zvakanaka, asi inogona kuva nemamiriro ekuda kwekamwe kamwe uye kushanduka kwemaitiro. Zvakare, zvinogona kuitika "post-acute withdrawal" (PAWS).	Kushandiswa kwezviridzwa zvekubvisa hutachiona kunobva kwava kufanira - hande zvakare. Iri ndiyo yenguva iyo kugona kwevabikira kunotanga kuzadzika zvakanyanya.
Mwedzi 3 kusvika 12.	Kudzidziswa kwezvinoreva zvakakosha; kushanduka kwemwoyo uye	Mamwe vanhu vane hunhu hwayo, asi kwete zvakanyanya; kufa kwezvinodiwa kazhinji kunobva pazvakaitika	Chengeta fenesta iyi kubva kuzviitiko zvinokonzera kutonhora kwakakura sezvo zvichikwanika.

Mudzidziso wehunhu.	Zvinoreva here kuti chii chinoitika mumuviri?	Zvinenge sei.	Zvinofanira kuitwa.
	mupfuwa kunobudira, kuchikonzera kugadzirisa kwenzvimbo dzekare dzepamweya dzinonzi dopamine; basa remumwe wezvikomba zvemushonga zvinoita kuti zviwedzerwe zvakanyanya.	kana kuziva zvaunenge uchitaura, uye kwete kubuda pachake; kugona kwekufunga kwadzoka zvakawanda; kufara kweupenyu kunogona kuwanikwa.	Sistimu iri kugadzirisa, uye haisati yasvika pakubudirira kwezvekushandiswa.

Itaurai 3 - Zvinotora Nguva Dzese Kusvikira Muviri Wenhengo Inova Sekwaari?

Iyi mbabamira iri pasi pezvose zvinoratidzwa mumufananidzo wepamusoro, uye inofanirwa kuva nechokwadi chete pane kuvimbiswa isina chinhu. Chokwadi chacho chinoshanduka miviri: kudedera kwakadaro kunogumisa mukati memwedzi shomano, asi kugadziriswa kwezvinonakidza zvine simba kunotora nguva yakareba zvikuru - uye kuziva nhamba chaiyo kunochinja kuti "zvakajairika" zvinofanirwa kuita semamiriro ekugara mumamwe masikati.

ICHIYENDE CHEMAKORE.

Data inobva muchidzidzo chemufananidzo wehutano, iyo Recovery Kernel inomirira (Volkow et al.): Kupora kwezvirimukati zvemumuviri zveD2 kunokosha kana uchidzima kushandisa methamphetamine, asi kupora kwakakura kunotora mwedzi 12 kusvika 17 wemazuva akawanda. Iri kuderedza zvinhu zvakanyanya kupfuura zvemurwere (kupora kwezvirimukati zvemumuviri zveD2 kuchinja zvakanaka mumwedzi wekutanga, sekuti Heinz et al.) kana cocaine – methamphetamine inova nemutsetse wakakura wekukuvara kwe dopamine pakati yemamiripini akawanda. Nguva yekupora inoratidza izvozvo.

Mune remwedziso rinenge rine nguva refu, ichiita mwedzi 12 kusvika 17, pane nguva yakafupi uye inonyanya kushanda yekugadzirisa iyo yakanakira kuziva: masikati emazana matatu ekutanga. Dhokumenta reRecovery Kernel pamusoro peiyo neuroplasticity rinoratidza zviri mumamiriro ezvinhu anonetsa — masikati 31 kusvika 60 ndipo panotanga kuumbwa zvirongwa zvitsva zvemuropa uye zvekare zvinenge zvakaderera; masikati 61 kusvika 90 ndipo panotangopinda izvi zvirongwa zvitsva kuti zviwedzere uye zviitwe zvinoonekwa. Pamusika wemazana matatu, nekuitawo zvinhu zvakawanda senyama, kuenda kunorara, uye mamwe maitiro anoita kuti muropa utange kushanda — izvo ari mumiriro we8 pazasi — huwandu hwereseptari yedopamine hunowedzera zvikuru, huwandu hwemukati wedumbu hunowedzera, uye zvido zvinodarika zvikuru kune vanhu vakawanda. kunyange kupera kwechipiri chevhana rekudzokera kunzira, ichiwaenda kusvika mwedzi 12-17, zvichiri kuitika pasi pezvimwe.

Mubvunzo wekudzoka kuupenyu hwakanaka.	Mugadziriro weNguva Inotarisirwa.
Kukonzwa kuderera kwakadzika, asi kunogona kurapwa.	Mazuva 1-5
Kufamba kwezvinodiwa kuchinja kubva kuita zvinoenderera kusvika kuzvinhu zvinoratidzika panguva dzakasiyana, uye zvinoenderana nezviratidzo.	Zvichevo zvevhaputeni 2-4.
Kutangira kuona kupora kweiyo receptor yeD2, inogona kuratidzwa nemufananidzo.	Mwedzi wa2 kusvika wa4, uye mwedzi wechipiri.
Fenesa yechimbiro yekushanduka kwehutano inenge yapera - maitiro matsva ekufamba anogadzirwa zvakazara.	Musi 90.
Mamhepo akanaka uye kufunga kwakanaka kwevanhu vakawanda.	Mwedzi 3 kusvika 12.
Kudzoka kwakakura kweiyo receptor yeD2 (nhamba huru).	12–17 mwedzi

KUZVINZWA

Kana uri pamwedzi we4 uye uchiri kuva nemazuva akadaro, asina simba uye akafara, hazviite kuti izvo zvikwanise kuti prosesi yakundikana kana kuti uine matambudziko. Mitemo yedu inoratidza kuti uripo mumamiriro ekuchamhembe kwekurudyi - "pedzwa rekushanduka" pamwedzi 3-12 inzwi rinoreva chinhu chakajeka: pedzwa, asi haisati yapera. Kupedzwa kwemamiriro akadzika zvikuru ekuvhara iyi kunenge kwaunenge wapera mwedzi miriyoni neshanduku, kwete mwedzi gumi nemakumi maviri. Izvo hazviite kuti ufunge kuti zvakaipa, asi ndizvo zvazviri, uye zvinoreva kuti mazuva akaita akadaro aunenge uchiri kuita anofanira kuvandudzwa, haisi zviratidzo zvekukundikana.

Chokwadi, nguva dzinoratidzirwa pano dzinoshanda chete kana uchidzvisa zvachose.

Mwedzi wega mumubvunzo uyu, mwedzi, uye nhamba yekupfuura mwedzi gumi nemakumi maviri kusvika kumwedzi gumi nemakumi maviri nemaviri, yakayerwa kuvanhu vakarega kushandisa methamphetamine uye vakaramba. Muchokwadi, kuvadzoreruka kwakadai hakabatike. Zvinhu zvitatu zvinonyanya kushandiswa, zvaita kuti tizvitaure, nekuti chimwe nechimwe chinoitika nezviratidzo zvepakati zvakanyorwa mumubvunzo uyu, uye chimwe nechimwe chinogona kuita kuti kuvadzoreruka kwakadai kuitwe zvishoma.

Substitute	Zvaanoreka kuti zvinobudirira sei kune iyo nzvimbo yekudzokera.	Mhedziso inogona kuita kune nguva.
Kafeni (inoshandiswa pakutarisira kufema uye kusagadzikana kwehunhu, sezvakaurwa muSezoro rechipiri).	Caffeine haisagona dopamaini sevamwe zvakaita methamphetamine, saka hairi "zvimweche zvepakudiki." Asi inosimudza HPA axis —	Inogona kuwedzera nguva yenguva dzakareba zvishoma, nekuderera kwemhando yemwoyo, iyo inodiwa

Substitute	Zvaanoreka kuti zvinobudirira sei kune iyo nzvimbo yekudzokera.	Mhedziso inogona kuita kune nguva.
	ichwedzerawo system ye cortisol pamusoro peimwe system, sezvakanyorwa muSection 6, yaigona kunge yatove iri kushanda zvakasimba (kunyanya kuva ne "Worrier" profile yeMet/Met) — uye kushandiswa kwe caffeine kazhinji kana kumakore ekushamisisa kunoparadzira mhando nekureba zvekubvara. MuSection 8, Tier 3 inoratidza zvakajeka kuti kubvara ndiko kwavanobudirira kuita biosynthesis yeBDNF uye kugadzirisa system yedopamine.	kuti bvunzo rezvinhu zvinofanirwa kuitwa. Saka, kana caffeine ichidikaniswa kuti vafambe mberi nemamiriro ekusavhunduka ayo anotsanangurwa muSezoro 2, zvino vanorwisana nechokwadi chekuti kusavhunduka kwakadaro kunobva.
Doro (inenge ichishandiswa kuti uende kunorara).	Iri ndiyo nyaya inonyanya kunetsa. Doro rinorwadzisa, asi rinoparadza maitiro ekurara uye richideredza zvikuru kurara kweREM — uye, zvinoenderana nemutero webhuku iri pachayo, "kurara kweREM ndeiwe nguva yekurara iyo 'kuchengetedzwa kwemakore emamiriro akanaka uye kuchengetedzwa kwechisystem chedopamine' zvinogumbatira." Kushandisa doro kuti zvishande nekukurudzira kurara, asi panguva ichiwo kuchinja nguva yekurara iyo inonyanya kufungidzira kucheneswa, kunenge kungobvisa nyaya yechokwadi (kusagona kurara) asi kuitika kuti nyaya isina kuoneka (kurara kwaingofanirwa kuchenesa chisystem chedopamine) ichiparadzwa.	Inogonawo kuwedzera nguva zvakanyanya, nekuda kwekunyatsopedza kwekudya kwezuva (REM sleep), uye inoita ngozi yechipiri iyo nhamba dzemuongororo iyi hadzina kuzvichenesa: ngozi yekukuvadza kwemamiriro ezvinhu, kunoenda pamusoro peimwe yaunenge uchitarisira kuwana. Izvi zvinogona kuitika zvakanyanya kumamirwo eDRD2 A1 / Reward Deficiency Syndrome akataurwa muSection 6, apo masisitimu ekubatsirwa anogadzirirwa kupindira mumidziro yechinhu chipi nechipi chinowanikwa.

⚠ **YERAI.**

Hazvo zvakangoita izvi haisi chinhu chinonzi "kusadzikama," - kushandisa kofi kana mvura kuti uende nekufamba kwezvinhu zvinotyisa inzira inonzwisiswa zvakajairika yekubata nyhondo. Asi, chokwadi chezvaitiro iyi ndezvekuti: hazvo zvose zviita izvi

zvinobatsira pakunyorova nguva yakaratidzwa mutarisi iri pamusoro. Kana kusina kunyara kwekunonoka kwemwedzi kune matambudziko, zvinhu zvisiri mvura zvemuSection 8, Tier 3 (melatonin, magnesium glycinate, glycine, kurongeka) zvinoshanda neiyi nzira yekugadzirisa panzvimbo pekunyatsokanganisa.

The Fracture: Nei "Ndiripo Kwakangoita Gora, Uye Ipapo Ndichange Ndiri Nani" Inenge Yakakodzera.

Pane pfungwa inogona kukurudzira zvakananga, nekuti inzira yakaenzana yekufunga inobva pazvakaratidzwa mumubvunzo we3, uye haisi chinhu chakanyanya kusaririra – izvo zvinokonzera ngozi. Pfungwa: 'kana maD2 receptors akadzoka zvakazara mukati memwedzi 12-17, ndinogona kutora mwaka mumwe, ndirege kushandisa chinhu, ndibvumire mwoyo wangu kuti adzorere, uye ipapo ndichave nechokwadi chekuti ndingashandisa zviri njodzi, kana kuti ndatanga patsva.' Mafungiro ekare ekuvharaidzwa – 'panguva imwechete yaunotanga kushandisa zvakare, unozodonha zvakasimba kumutsetse wekushandisa zvinodhaka' – haasi echokwadi 100%. Asi kufunga kuti kurega kwenguva refu kunogona kukubva kuzero hakusi chokwadi 100%. Mhinduro chaiye irimo pakati, uye kusika kwemoyo ndiyo nzira yakanaka yekufunga kuti nei.

Chokwadi (sechipondo chakaronwa).	Chii chakakosha zvakare (nekuda kwekutungamira kwakaenzana):
Mabhonzo anogona kurova. Kusiyana kwezviratidzo zveD2, sezvakaratidzwa mune Data yeSection 3, zvinongova nechokwadi kuti zvinodzikira zvakare panguva chaiyeiyo - iyi haisi nyaya yekunaka chete kana tsamba dzekutarisirwa, asi ndizvo zviratidzo zvinoratidza.	Muzonzo wakanakidza haasi kufanana nemuzonzo usina kupwanyika. Unogadzirisa zvinhu apo painenge pacho kusavapo. Anokwanisa kutarisira simba zvakare — asi kwete otomatiki, sezvaive nekare, pachiyenzwa, uye nenzira imwechete, pasina mumuviri achida kudzidza zvitsva.
Kusanzwisiswa zviri nyore kuti kufa nekuda kwekushandiswa kwechinhu chinonakidza kunogona kukonzera kutadza kwemunhu kuita zvinodiwa nemuviri wake - izvi ndezvazvo, uye hazvisi zvekunyenganyenga.	Kuderera kwekutarisira zvinoreva kuti muviri wacho wainge wakakwanisa kushandisa huwandu hwetsinhu chaiyo, asi ikozvino haachikwane kuzvishandisa zvakachena. Kudzoka ku"huwandu hwekunyatsozwiswa" mushure kwekushandiswa kwenguva refu kunenge kuchinja muviri wacho, kunyange kana kufunga kwekutarisira zvainge zvakanamirwa. Izvi ndizvo zvinobatsira kuti chii chinokonzera kuwanda kwezvirwere zvekuora uye matambudziko emoyo (Section 0) anowanzoitika apo munhu adzokera kushandisa chinhu chaiyo mushure mekunge ashandise kwenguva, - hazvisi nekuda kwekuti chinhu chaiyo chakakura, asi nekuda kwe kuti muviri wacho haachikwane kuzvishandisa zvakachena, asi kufunga kwekutarisira zvainge

Chokwadi (sechipondo chakaronwa).	Chii chakakosha zvakare (nekuda kwekutungamira kwakaenzana):
	zvakanamirwa.
Chiedza chekare "kusvikira pakudzoka kuutano hwakanyanya nekukurumidza" inowedzera kuti neurolojia yakasimba uye yakagadzirwa zvachose.	Haisi chinhu chisingafaniri kutaurwa. Iri chikamu re6, zvakanyorwa nezve epigenetic, zvinoratidza kuti mabviro ekushandisa zvinogona kuchinja nekuda kwekushandiswa kazhinji — uye aya mabviro akachinja haafanire kugadziridzwa kubva pakuputsa kushandiswa kwacho kuti adzokere. Nzira yakaitwa kare inogona kushandiswa zvakare nekukurumidza kupfuura nzira itsva inenge ichinge yagadziridzwa. Nderekuti, kana munhu akazvimirira pakushandisa chinhu, kuita zvekudonha mune zvinogona kukura nekukurumidza kupfuura kushandiswa kwekutanga, kunyange kana mabviro akave atadzikama zvakare.

⚠ **YERAI.**

Nenzwisisisa: nguva yekumhara zvachose haisi "reset button", uye haisiwo yechido chekuti ingava nechisikwa. Zvinhu zviviri izvo zvakataurwa munguva yekuyambira yepeji iri, zvese zvine chokwadi nechausingaite panguva imwechete. Izvo zvinobuda pazhinji ndeiyi: sisitimu yakagadzirisa mazuva ano akanyorwa muSection 3, asi inenge isina kufanana nechiyenzviro chaiyo yaingova nayo usati watanga kushandiswa - kusiyana kwekutambanudza, kusiyana kwemaitiro ekudzoka kune zvaainge achiita, uye kusiyana kwehutano hwechipfuva. Kuedza kuishandisa zvakafanana, neimwe nzira imwechete, ndiko kwaanenge ari ngozi huru. Iyi haisi nyaya yekutechineri. Ndinotarisira kuti chikonzero nekuti kupera kwekushandisa chinhu zvakare kunonetsa uye kunonyanya kusununguka, kwete kungofanana ne"zvinhu zvaenda" kana "kudzoka kumutsetse wekutanga."

Chidzidzo Inonyanya Kurambwa, Inofanira Kugadziriswa: "Masero Ako Anotsiviwa Akazara Mwedzi Minomwe Mimwechete"

Chido chinozvimba zvakawanda, kunyange mukati memabasa ekudzoka kwevanhu – asi icho chido hakabvumirani nezvinhu zvaive nechokwadi, uye tsananguro chaiyo inobatsira kupfuura chido chakanyorwa, isiri nyore. Masaisai akasiyana anochinja nekukurukuri kwakasiyana: ganda nemusoro wehutsinye inomhanya mazuva kana mavhiki, masero emombe inenge 10% pagoni regore, mapfupa mumwedzi gumi. Asi masaisai anodikanwa zvinhu zvese muvhaya iyi – ma neuron ari musimba remusoro – haachinji zvakanyanya mushure kwekusimudzwa kwakatanga. Ma neuron anoshandiswa munzira dzekubatsirwa, sezvo dzinoshandiswa mubhuku iri, Zvikuru, mamucells aripo mumuviri wako anofanirawo zvakafanana nemamucells aiva nawe panguva yausingaende chaiko ne-methamphetamine. Mamucells aya haasi kushandurwa nemaaya ekuita kuti ave matsatsa, uye hazviitwi nekugadzirisa kwega kwegore remwedzi mina.

Zvinoita here nezvekudonha kwezvakuru uye nguva? Zvinhu zvitatu zvechokwadi, zvakasiyana nepfungwa. Chekutanga, izvo zvinogona kukura munguva dziri muvhaya iyi haisi maseru matsva anotsiva ayo akadaro - asi kuwanda, kunyatsorondedzerwa, uye kufamba kwezviratidzo pazvisina maseru ainge aripo, pamwe nezvakabatana pakati pazvo (zvinhu zveepigenetics muSection 6). Chechipiri, kudonha kwezvakuru chinowedzera chinhu chakakosha, kuburikidza nechinzvimbo chemamiriro akagamuchirwa: senescence yemaseru. Sezvakadaro zvakakura, mamwe maseru - kusanganisira maseru ekutsigira egial muropa - anomirira kudzika asi anoramba achishanda, achibudisa mazuva ematombo ayo anotanga kuzara munguva. uye inoita kuti pane kuvhunduka kwehutano mumisodzi. Izvi ndezvazvo, zvakasarudzwa nezvigadziriso zvekufunda nezvekushanda kwezvinodhaka uye kukura kwemuviri, uye zvinoreva kuti iyo system inogona kuzorodza haisi chinhu chakagadzirira - inokura nemazuva ese apo inenge ichiedza kuzorodza, zvinoita kuti maitiro ekuvhiya ave akaoma kana kuti akaderera, kunyange pasina kuenzana nekufamba kwenguva uye kushandiswa kwezvinodhaka, sezvakanyorwa mune Inongano 3.

KUZVINZWA

Nekudaidzwa kuti neuron dzichiri zvakafanana uye hadzisi shandurirwe, nzira dzekufamba dzinotaura muongororo iyi – kusimbiswa kwepfungwa pasi pekukonzera ngozi, mhinduro dzinodzidziswa – hadzisi kuzvinetsa mushure memakore ari nenge rimwe. Dziri zvakare pamusoro, mumacells akaenzana, asi dzine simba shoma. Saka ndekwemhaka iyi chete kuti kuvhunduka nekuti mwaka wekushanda wakashandira "haishande" kana kuti "ndaisagona," kana kufunga kuti "anenge ari mutoriro, anenge achiri mutoriro," inzira isina kururama yekutarisa kuita kwekusimbiswa. — asi zvakakoshawo kuziva kuti kufunga kuti gore rimwechete rinogona kubvisa nzira dzekufamba dzakangodaro, kana kuti nzira idzo dzaisagona kudzikiswa zvachose. Zvaidikanwa chaizvo haisi kubvisa zvachose, asi kuumba inzira dzitsva, dzinokwikwidza, dzine simba zvekuti inzira dzakadai dzisati dziwanikwe sezvavanofanirwa kushandisa. Ndicho chikonzero nei zvinhu zveSection 11, Protocol 20/C-28, zvinotaura nezvekutenderedza nzira iyi yekubatsira kuti ishandiswe kune zvimwe zviyero zvinobatsira, zvinonyanya kusimba, panze, pane kungodaro kuti inzira yacho iende. Uye zvakakosha kuti tizive: kuvhura mwoyo kuita chinhu chakanga chamirirwa nguva refu haisi kufungidzira kuti munhu anonzwa akagona Kunyadza kufunga kuti 'anogona kuzviita.' Kushungurudzwa kwevanhu zvakajairika - kunyanya kushuva, kuedza, kana kungofarirwa nechimwe chinhu, semazuva ano vanhu vanofarirwa nezvinhu - inzira chaiye uye inonyatsoenderana, pasina kuda nyaya yekunyarara kana kusavimbiswa.

Sezheni re4 - Zvaunenge Wakanga Watadza Kuona.

Mudzidziso wechipiri unoratidza kuti zviito zvinoitika mumuviri uye nguva dzekuti zviito izvo zvaitike. Iri sarudzo inosiyana - iri nyaya yekuyedza kutsanangura zvakanyanya nezvaunonzwa mukati, kupfuura kwezvinogona kutaura mutsara mumutabere, kuitira kuti kana zviito izvo zvaitika, uziwanise kuzviziva panzvimbo pekutya.

Anhedhonia - shoko rekureva zvinhu zvinonyanya kuoma.

Anhedonia inenge ichitaurwa zvakanyanya mune zvikumbiro zvekubvisa chinhu, "kusagona kuzviziva," senge pazvo chete chinozotarisisa. Hazviite. Izvo zvaanonzwa vanhu vakawanda, kazhinji, inzwi rekutarisa hupenyu hwako kuburikidza negirazi: zvokudya hazvinenge nazvo kunyanya, mimhanzi yaungada kare inenge inzwi chete pasina manzwiro, chifukidzo chinenge chisiri chinhu chinosetsa, munhu waunoda anenge asikuda kuzotarisira sezvaingaita pamberi. Hazviite kuti watambura kuzvinetseka. Asi zvino ndezvekuti michina yainge yashandisa kutengesa "chinhu chakanaka chinenge chiri kuitika" kuita kuti "unzwe." 'good' iri kushanda pachinzira chidiki zvikuru kudarika zvakaitwa kare, nekuti michina iyoyo ndiyo systemhi yema-dopamine iyo methamphetamine yakatadza uye yakaderera. Izvi zvinenge rimwe remamiriro anonyadzisa zvikuru ekuvapo kwese kweiyi nhamo, nekuti inogona kuita kuti munhu azvitambe zvakanyanya pamusoro pekunonzi "kusaziva", - 'zvaunenge usati watambura chero chinhu zvachose?' - uye kunyadzisa uku kunofanira kudzidziswa zvinobudirira: sekutaura mune Section 3, iyi ndiyo mamiriro akanyorwa, ekushanduka kwenguva pfupi, nehutano hwakazivikanwa, asi haisi shanduko yekuzvarwa.

Zvimwe zvinogona kuita kuti munhu azive kuti ane utano hwakanganisika, zviri pachena:

- Kuziva zvakanyanya uye kuzvinetsa, kunyange achitambura kufa—mivairo yemuviri haidzikire nekufamba kwenguva sezvo muviri uchida kuenda kumuriro.
- Kudya kwakasimba uye zvakakosha zvinenge zvauya pasina nguva, kazhinji zvichitungamirwa nezvinhu zvidiki – kunhuwa, mimhanzi, meseji – uye zvingaonekera panguva iyoyo sechimwe chinhu chekukunda kuzvimba kwazvino.
- Kusuru uye kufara nyore kunogona kukanganisa iwe nevamwe vanokukomberedza, zvakanyanya munguva yekupora (mazuva 1-5).
- Kukanganiswa kwekunzwisisa—kusaita kuti mamwe mashoko ave pachinomusoro, kusaita kuti uone zviri kuitwa mumidziro, kunzwa sekunge unofunga uchifamba mune denga. Iyi haisi chiratidzo chemhando yekukanganiswa yakaparara; inotevera kufambira mberi kwekurapwa kungava nechinhu chakafanana nemamiriro akataurwa muSezoro 2 ne3.
- Mirovo yakakosha, dzimwe nguva inotyisa, inongoitika apo urwere wakaramba uchidonha. Iyi inova musimboti wepfungwa achiedza kuzadzisa basa rakakura rekuita zvinangwa zveREM (Rapid Eye Movement) apo akanga asina kunyatsorara kana kuti akarwara zvakanyanya.

Iyi iyi inofanira kuongororwa zvakadzidzisa, nekuti kazhinji inoita sechiratidzo chinoshadza kupfuura chiratidzo chinonyanya kushungurudza. Kudzika kweBDNF kunobatsira kusimba kwezvinhu zvinobatanidza neuroni (Section 3) kunoshanda zvimwe nekubatanidzwa kweglutamate – glutamate uye NMDA receptor activity inzvimbo yakajairwa, inodiwa mukati mekuti zvinhu zvinobatanidza neuroni zvibatsirwe kusimba, kwete chete chinhu chinonyadzisa. Saka, kuwanda

kwekufamba mune zviso dzehono munguva yekuchokwadi iyi kunobva pakutaurirana kwezvikonzero zviviri: basa rechokwadi rekubudirira rinenge richidikanwa, uye kufamba kwakanyanya uye kazhinji kungava chipo chinobva pachishandisirwa. vamwe vanhu zvinoenda kupfuura kungova mhepo – kunyenganyenga zvinenge zvakakosha kusvika kuti vakatuka vachibva munzvimbo yacho, dzimwe ngu dzinogara zvakadai husiku hwese, izvo zvichitamba sechikanganiso chekunonoka kwechipfeko pamusoro pekukundwa kwemirofu. Vamwe vanonzwa kuti pavakanyatsoyeuka, vanosimbisa mhepo dzavaiona nemamiriro ayo, - vakanyatsoyeuka vachikwanisa kutsanangura mhepo yacho zvakadzika, dzimwe ngu dzinogara vachitaura nezvayiri sezvo zvaive chinhu chaive chaita, usati waziva kuti hazvichene. Zvese izvi zvinobatsira nekugadzirwa kweREM uye kushanduka kwemamiriro ezvisikwa zvinoitika munguva iyi, asi haisi zviratidzo zvekuita. zvinhu zvaaita kuti uderere pachokwadi.

KUZVINZWA

Kana iye zvakaita kuti uchiona mashoko ari mumusoro uye wakafunga kuti "ndizvo zvauri kutambura, asi handina shoko rekuti ndiyei" - mhinduro iyi inowanzoitika, uye inofanira kufungidzirwa. Vanhu vakawanda vanotambura nechiratidzo ichi vachinzwa sekunge pane chinhu chakakosha chakaipa kwavari, kunyanya nekuti haana munhu akataura nezvazvo zvakadzika zvekuti vaive nechokwadi chekuti ivo pachavo ndivo chete vanotambura nechiratidzo ichi, asi kuti chiratidzo ichi chinowanikwa uye chakanyorwa, uye chinoitika kuna vanhu vakawanda. Chiratidzo ichi chinosvikirwa nemashoko. Chinenge nechiratidzo. Haisi iwe.

Zvaanogadzirisa kuti zvive nezvakaoma: Zvinhu zvinodiwa kuti dzidzivirwe.

Zvimwe zvinoitika panguva yekurudzirwa iyi zvinongoita, hazvisi nyaya yechido — nguva dzinoratidza muSection 2 neSection 3 dzakagadziridzwa zvizere nemamiriro emwoyo. Asi zvimwe zvinoita kuti munhu azvitambe uye adzokere kushandisa hazvisi kuenzwika yekurudzirwa pachayo — asi zvinenge zvinhu zvakakosha, zvaunogona kudzivisa, zvinowedzera pakuenzwika kwacho, uchiita kuti nguva yakaoma iyi iite kuti munhu azvitambe. Kuziva kuti ndeipi nyaya yakakosha, nekuti kazhinji unenge uchinyangara kuti 'zvinhu zvakaderera nekuda kwezvairidza/kudya/kusodziwa,' asi chokwadi nderokuti mhinduro inogona kuva nyore.

Zvinogumbatira sei.	Ndinonzwa kuti sei?
Zvakudya zvine sukari yakawanda uye zvinonyadzisa.	Kuderera kwejecha remwedzi uye kudonha kwemwaka inowedzera kusava nechokwadi mumamiriro ekunze uye kushoma simba, zvinhu zvaanotanga kuita nekuderera kwebhizinesi. Iri "kudonha pamusoro pekudonha".
Kafeni neiyo.	Inongamirirwa zvakazara muSection 3 pamusoro - kofi, zvisiri izvo, nekuderera kwekunyara uye kusimbisa kweHPA-axis; doro, zvakananga, nekudzikisira kweREM pamusoro peREM rebound yairitika.
Nicotine uye zvimwe	Chinhu chiri pachena, asi chinonyanya kukosha kuti

Zvinogumbatira sei.	Ndinonzwa kuti sei?
zvinonyadzisa.	tizive zvakajairika: chinhu chipi nechipi chinoshisa, kusanganisira nikotini, chinoita kuti midziyo yekubatsirwa uye yekukwezva ishandise zvinofanira kuchinja.
Kusaviga zvakanaka kwekurara - kushandisa mafirimu manheru, kushandura nguva yekurara.	Inodzivirira zvakananga iyo sisitimu yekurapa iyo inoda kufa, uye inogona kukanganisa: * Kuumbwa kweBDNF (Brain-Derived Neurotrophic Factor) * Kuvandudza kwechiratidzo. Iyi sisitimu yakafanirwa neSection 8, Tier 3, sezvo ichiita sechinangwa chikuru chekudzika kwenguva yekurapwa, sekutaura muSection 3.
Kukonzwa kunyara uye kusadya zvakwayo.	Muviri unogara uchishandisa simba zhinji mukugadzirisa, saka anoda glucose uye mvura zvakawanda nguva dzese. Kushanda nemhepo inotonhora kunowedzera dambudziko, nekuti kunonetsa muviri mune imwe nzira isingafanire.
Kukorokotera kwenguva refu.	Siri isina kunoda kuiswa mumidziyo kana zvinhu zvinodyiwa, asi inogona kuiswa pano — kusungirira kunowedzera zvakanyanya matambudziko ese ekubvisa chinhu ayo ari muvhapoti iri. Kusungirira kudaro kunobvisa mubatsiro wevanhu avo Section 0 anotaura kuti vanobatsira munguva yechisungo chakakura.

DZAKAMAHARA

Kuvandudza ndiyo isingafaniri kuvepo muchinyorwa ichi, uye inofanirwa kurondedzwa zvakajeka semhando imwechete, panze pekunyorwa pamwe nemamiriro ekuti zvikanganise. Maererano neSection 8, Tier 3, ndiyo nzira huru yekugadzira BDNF iyo inotungamira nguva yose yekuchokwadi sekangaonekwa muSection 3 - zvakawanda, kwete zvishoma, ndizvo zvinofanirwa kuitwa sezvakatangwa.

KUZVINZWA

Zvimwe zvinhu zvinonyanya kunetsa mukurapwa—kusaziva chaunoda kuita, kufema, mimiro yakasimba, uye kuda kwezvezvinhu—ndezvekuti muropa wako uri kushandira kuti urapwe. Haisi chiratidzo chekuti pane chinhu chakaipa. Zvinogona kunge zviri nyore, mune imwe nzvimbo, kuzotevera kusagadzikana kwekurapa semubvunzo wekuti kurapwa kwacho kuri kushanda, uye kutanga kudzokera kuchizvo chaungaenda—kwete nekuda kokuda kwezvezvinhu pachayo, asi nekuti hauna kumbonzwa kuti zvairatidzika kuita zvaungava kuzotarisana. Kuziva izvozvi panguva yacho hakubatsiri. Chengeta kusagadzikana kwacho. Asi izvo zvinogadzirisa zvakadini nezvaunonzwa, uye izvozvo zvinogadzirisa kuti uita sei nezvazvo.

Sezheni 5 - Marudzi Ekushandiswa Anobva Kubasa uye Kupindana Kwechipiri Nechipiri.

Hapana munhu wese anogona kuita kushandiswa kweiyo methamphetamine achitanga nemafareti kana nekukakavara. Chido chakaitika uye chinoshanda kazhinji ndechekushandiswa kwakatanga, kana kuti kukura, zvakakosha nekuti chaizvo—mashifts marefu, mabasa akawanda, kutarisa vamwe vanhu pamusoro pekugadzirira kwezuva rese, mhando yekukanganisika kwenguva dzose uko kusimudza haisi chinhu chinonakidza. Kushandiswa kweiyo methamphetamine kunogona kuita kuti munhu ave nemufaro wekuyambuka, asi munguva pfupi, inogona kuita seiyi chete nzira yekuzvimiririra nekugadzirisa mushewe wainge usina kukwanisika kuzviendesa kubuda. Mhando iyi yechido inofanira kutaura zvakazara nekuti inoita zviratidzo zvakasiyana uye zvinopesana nemamiriro akawanda anotaura nezvekushandiswa kweiyo methamphetamine.

⚠ CHENJERERO

Kusetsa, kushoma kwakanyanya kwekurara – iyo inogona kuuya nekuda kwekushandiswa kwezvinonyadzisa kuti uende mberi pese apo muviri wacho aifanira kurara – inogona kukonzera chiitiko chakaita kuti zvidzidzo zvemunyota dzatange kupinda mumamiriro ekupfuura: mifananidzo yakapfupi, yakajeka, uye yakafanana nemunyata kana manheru apo uri wakanyatsokanganiswa, kunzwa kwekusava nechokwadi, kana nguva dzaungagona kusabvumidzwa kuti chii chakaitika kana kuti iwe waifunga chete. Iyi ndiyo nyaya yakazivikanisa yekushoma kwakanyanya kwekurara (dzimwe ngu dzinozotaurwa se"hypnagogic intrusion" kana "microsleep" ine zvidzidzo zvemunyota), isiri chiratidzo che psychosis pachayo – kunyangwe inenge nechinhu chinofanana ne Kunonziro yekurwiswa kwehutano hwehunhu (psychosis) inotsanangurwa muSezheni 0, uye chero fomu rekuti iri iine zvinangwa zvekusavimba kana kuti kusava nechokwadi (paranoid delusions) kana kuti kusanzwisisana nezvakaita zvazvo (break from reality testing) (panze pezvinhu zvipfupi sezvekurota), inofanirwa kutarisirwa nenzira iyo inotsanangurirwa muSezheni 0.

Kana iyi nyaya ichikubata, basa rekudzokera kunze kwezvinodhaka rinogona kusanganisira chinhu chinenge chisiri zvakanyorwa zvizhinji mubhuku iri: kugadzirisa zvikonzere zvekushanda kuposeresera, kwete kungobvisa chete zvinodhaka. Kugadzirisa simbi ye dopamine (Section 3) uchidzosera kuita basa rakaita sechirongwa chakakonzera kushandiswa kwezvinodhaka kunenge sekugadzira chinhu pachinzvimbo chinenge chiri nemasimba ekubvisa. Izvi zvinofanira kutaura zvazviri, kwete kuzvisamira.

Section 6 — Kusimbiswa kweZvakafanana zveGeneti.

Jeni.	Zvinogadzirisa.	Nekufanira.
COMT (Val158Met)	Maitiro ekaderedzwa kwedopamine.	Val/Val ('murwi', kuchena nekukurukura) ndiyo hunhu hwehutachiswa hukuru hweiyi mvondo yemaradhi. Hunhu ihwa hunoratidza kuchena kwemariyo

Jeni.	Zvinogadzirisa.	Nekufanira.
		nekukurukura, kufarira kusimba uye kutsvaga zvinhu zvinonyadza. Muvakadzi vanoita maradhi, izvi anowanikwa nemariyo yakanyanya inova nechokwadi chekuti ichava nyaradzo yechangu, uye kunyatsopedzisa zvakawanda. Kuitira kuti ukomborere, zvinodiwa kuwana nzira dzinonyadza dzine simba, kwete kungooma mariyo.
DRD2 / ANKK1 (Taq1A, A1 allele)	Kudonzwa kweDRD2.	Allele yeA1 inogona kuita kuti iyo circuit yekubatsirwa muropa ishandise nepfungwa yakaderera yeD2 — Syndrome yeKuderera kweKubatsirwa. Iri ndiyo nzira huru zvikuru yegeneti yemaitiro ekubatsira mumamiriro ekudzoka kuzuva (iyo 'Brain Stack' muchigaba che8), nekuti nderi iyo system yekutambisa inoda kuti ikudzwe zvakare, kwete kungochema chinhu.
MAOA (uVNTR)	Kubudirira kwemaitiro edopamine, serotonin, uye norepinephrine.	Alleles dikiine dzinowedzera kuunganidzwa kweaminas, asi alleles ane hutano hunopfuura zvimwe zvinogona kuzvidzikira nekukurukuri. Chido chechipiri chinowanzoitika nekuita zvekusadzingirwa uye kushandiswa kwakanyanya - izvo zvinokosha pakutanga kutora zvekunyoresa, pamwe nechero nguva yekudzoka kuita zvinhu.
BDNF (Val66Met)	Kugadzirisa neuron uye mashoko ekushanduka-shanda.	Vanhu vane gene ye-Met vanogadzira BDNF shoma panguva yekuita mabasa. Kuwanda kweBDNF kunobva pakufamba uye kurota ndiyo nzira huronzvo yekuchinja mwozo mumubvunjo wese webhuku iri - inoshanda pasina kusagadzikana, asi vanhu vane gene ye-Met vangangoda kuita mabasa ane simba rakakura kuti vawane zvakafanana nekugadzirisa. Izvi haizadaro - ndiyo nzira yekugadzirisa pachayo.
CYP2D6 / CYP2B6	Kudya kweiyi zvidiki zvekurapa zvakakosha pakudzoka kwepfungwa	Kana zvinhu zvinenge zviri kuporesa uye mishonga inoshandiswa, zvakakosha kuziva kuti vamwe vanhu

Jeni.	Zvinogadzirisa.	Nekufanira.
	(sebupropion).	vanogona kuita zvizvo zvakaipa kana vashandisa mishonga yakajairwa; vamwe vanogona kusazvibatsirwa nekuda kwekuita zvinhu zvisina kunyanya. Zvakakosha kudzokorora izvi kuna chiremba ashandisa mushonga usati watanga kuporesa.

COMT inogona kusiyana zvakadini nekugadzirisa manzwiro.

COMT inotofanira kuti iive genotype; iyi inzvo zvinoita zuva nezuva, nekuti Val/Val uye Met/Met dzinobvisa zvinonakidza zvakasiyana zvakakura kusvika pakuti zvinonzwisiswa zvakananga pane kuirekodha semhando yekunziro.

COMT Profile.	Baseline pamberi peMeth.	Zvinogumburwa zvinoita.
Val/Val ('Shumba') - kusimbiswa kwedoriamini nekukurumidza, kuita kuti dhoriamini isirambe yakaderera.	Kazhinji anonyatsoziva zvinhu zvinenge zvichimhanya kana asiri pachake; anofarwa nezvinhu zvinenge zvine simba, zvitsva, uye nyaya dzinenge dzine ngozi kunyange asati atanga kushandisa chinhu.	Kunzwa kunowedzera kufunga kuti munhu anonzwa kutonhora uye kusafarisa, pane kushungurudzika - rudzi rwekusagadzikana, kusatsigirwa zvakakwana. Kusavapo kwemufaro kazhinji ndiye nyaya inonyanya kukosha. Zvinangwa zvekudya zvinowanzobatanidza nekuda kwekunzwa chinhu chero chipi zvakaoma, uye hazvichene pachinzvimbo yekubva mudambudziko.
Met/Met ('Worrier' / 'Sage') — kupedza dopamaini zviri shoma, dopamaini inenge yakawanda uye mhangura yekutya inenge yakaderera.	Kazhinji kazvinetsa kana kuzvitera zvikuru pasina kushandisa chinhu, uye mwozo wepanyama wakaenzwa sekunge unoshanda "kanopisa."	Kunzwa kunowedzera kushungurudzika, kufunga zvisiri zvakanaka, uye kusagadzikana, kwakadaro kunowedzera kune izvo zvakaita kuti munhu asadzike. Hazvisi kungo kunyanya kuita mushe, asiwo kunge akanyatsoitwa asi achida kupindira. Iyi nyaya inogonawo kuzotarisana nekunonoka kwekunetseka kwakaitaurwa muSezoro 4, uye inogona kuita kuti zvinhu zvinokonzera kusagona kuroora zvemuSezoro 5 zviite ngozi huru nekuti vanhu ava vane mavhesi ekushungurudzika akaderera.
Heterozygous (Val/Met)	Zvakanaka.	Kazhinji nguva, inogona kuve musanganuro wezviratidzo zvakawanda – kunyanya kushoma kwehutano hwemwoyo uye kusuruvara

COMT Profile.	Baseline pamberi peMeth.	Zvinogumburwa zvinoita.
		– asi hazvifanire kuita kuti zviratidzo zvepakukura zvemakondiro.

GABRA2 - "Mhando" uye nekuda kuti kuoma kwekuramba zvinhu hazvifanane kune vamwe.

Methamphetamine pachayo haisi chinhu chinonakidza GABA-A senge benzodiazepines - asi GABRA2 inzvimbo inonyanya kushanda pano, nekuda kwemhando dzimwe. GABRA2 inogadzirisa huwandu uye kunyatsorongwa kwechisystem chekudzora zvinhu zvinonakidza mumuviri (chinonzi 'braking system') - kugona kwevakatema zvinhu kana zvichinge batsira, kufunga, uye zviito. Izvi zvinobudirana nekuti zvakaoma sei kuti munhu anotevere aite "nguva dzekupedza" [just stop], pasina kutevera simba remufaro.

GABRA2 Profile.	Zvinoreva here kuti zvapera?
GABRA2 inenge ichiita basa risina ngozi / basa rayo remazano.	Kune simba rakawanda rekudzora zvinhu zvaunoda kuita – kana uchida kuita chimwe chinhu, nyaya yekudzora kuti usaita izvozvo inenge iri nyore kupfuura.
GABRA2 inofamba dambudziko, inogona kuita kuti muviri usave nehutano hwakanaka.	Kugona kwehuwandu hwekuvharira hunenge hushoma pakutanga kushandiswa—izvo zvinoreva kuti nguva pakati pekuda uye basa rinenge pfupi uye inyanya kuoma kuchenesa nepfungwa chete. Iyi ndiyo musimboti, kwete mhepo yevanhu, uye iri iyo GABRA2 architecture yakanyorwa mumaterial yeGABA Braking Systems yeRecovery Kernel, iyo inoshandiswa kune benzodiazepines uye doro—inoitawo kunyanya pano, asi kucontrolera zvinhu zvinenge zvakawanda, kwete chete kune zvemuviri.

DZAKAMAHARA

Kana zvakaita sekuti kuzeva kwanga kuri nyore kwamwe kupfuura kwaanoita kune mumwe munhu waunoziva akashandisa chinhu chakafanana, pachiyero chakafanana — kusiyana uku kunogona kunge kuchiri kuburikidza nemamiriro emuviri ako, kwete kusiyiwa kwezvinangwa kana kuvimba. Mamiriro eGABRA2 anongova chinhu chinokonzera kuti "zeva chete" iitwe zvakasiyana zvachose nevanhu vaviri vane masisitimu akajairika akasangana nechido chakafanana.

Nezviro zviri pazera remuuyu: Inoramba here kushandiswa kwechi-meth kuchinja kuita zvemageni?

Zvese zviri mumutsvakurirwa iri pamusoro zvinoreva maererano emhando yezvinhu aizvarwa naro munhu. Nyaya inonyanya kufuridzwa ndechekuti kana kushandiswa kweiyo chinhu chinonzi methamphetamine kunogadzira shanduko dzakangofanira kuita maDNA, asi kwete iyo DNA sequence pachayo, yaanenge isingashandiswi, asi kuenzwika kwezviratidzo zvinoshanda kuti maDNA api akaitwa kushanda kana kuti kusaita. Kusiyana uku kunokakosha: hapana kodhi yegeni yemunhu inonyorwa zvachose nekurasa chinhu, asi huwandu hwekuita kwezvimiro dzemajini - kunyanya

zviratidzo zveiyo dopamine-pathway uye maDNA ekubata stress akakurukidzwa kare mumusiyano uyu - anogona kuchinja zvakanyanya nekushandiswa kwenguva refu.

Zvakakosheswa zvakajairika mu neuroscience yemarwadzo (izvi haasi sarudzo dzekutsvakurira dzepamwechete dzechisimbi, asi methamphetamine inobatanidzwa mumamiriro akawanda): kushandiswa kwezvimedu zvinokonzera kusimbisa kunowedzera kuunganidza kwefactor yekunyora zvakanyorwa inonzi ΔFosB mune circuit yemarwadzo emusoro, iyo, nekudaro, ichichinja kuita kwemamiriro akawanda egenes ayo anoshanda pakunzwisisa marwadzo uye kufunga nezvayo. Iri rimwe remakwikwidizo akateverwa zvakanyanya mumatombo emamirwo emarwadzo, sezvakanyorwa muzvitabu zvepakutanga zvaanotaurirwa nazvo (Nestler, 2001, pamusoro pemamiriro ekare emushanduko anobatanidzwa nemarwadzo). Kana methamphetamine inogadzira mamwe mafomu e epigenetic ayo anosiyana uye akakosha chete kune rimwe dambudziko. - uye kuti zvimwe zvezvinhu izvi zvinogona kupfuura kubva kumubaba kuenda kune mwana, sezvo kufuridzirwa kwezvimwe zvitofu nemamiroro akaita mumhuka kunoratidza - inzvimbo yekutsvaga inoshanda uye isina kugumiswa zvachose.
- Zvichave kupokana nezvazvo kuti tiratidze chikamu chechipiri sechokwadi; ndeimwe nhungwa yakavhurwa yatinofanira kuona, kwete chakarurama.

DZAKAMAHARA

Iyi mvumo yemarurami inoshanda miviri, inzwa zvinhu zvitatu. Zvakanyorwa nezve "epigenetic feedback loop" muenzaniso weRecovery Kernel pamusoro pekunyatsopedza basa remuviri uye kushanduka kwemwoyo kunoratidza kuti: kunyatsopedza basa remuviri kunounza shanduko dzinonhuhwirira mumagadzirisi emajini, zvakanyorwa nemwedzi (shanduko dzepamhedzo nekuita zvekudya dzinobva mwedzi 1-3, shanduko dzinonzwisiswa zvemarurami dzinobva mwedzi 3-6, nzvimbo itsva yemwoyo inobva mwedzi 6 uye nekumanje). Zvose zvaitwa nemushakabvu wekugadzirisa majini, basa rekudzorerana reTier 3 rakanyorwa muSection 8 harisi kungotarisira zviratidzo - asi kushandira neiyo biyolojia yakafanana, asi nenzira isingasiyi.

Ivo anogona kudzivirirwa nebhuku iri: Mabhuru akanyorwa nemaginetiki.

Zvese zviri muongororo iyi zvaunyorwa uchitenda kuti kugadzirisa, kana kuitwa nemaitiro akaringira, kunowanikwa kuvanhu vese pasina zvakanganisira nezvakaita mumuviri wavo. Nguva yatinogona kuzadzisa chinangwa ichi inenge nyore kana yakadaro, asi inowanikwa. Pane imwe nzvimbo chete apo tichitarisa, izvo zvinonetsa kuti zvinhu zviite. Zvakanaka kuti tizive nezvezvayo pane kuita kuti vafunge kuti zviri mumidziro yekugadzirisa zvemuviri.

NGOZI YAKANGOKUTYA.

Neyo imwe chete yekubatanidzwa kwezvirwere zvemuropa uye zvekupenya mwoyo, kushandiswa kwe-methamphetamine kunounza ngozi yakasiyana zvachose, kwete kungori pakukura, kubva kune zvesarudzo dzese dziri muchigadziriro ichi - kusanganisira ngozi chaiye yekukonzera chirwere chepfungwa chinenge chisina kukunda zvizere nekubvumidzwa. Izvi zvinotsanangurwa zvakazara pazasi apa.

Profile	Nechiiyi chinhu ichi chakakosha zvakasiyana, kwete kungova kusiyana kwezvikomborero.
COMT yeMet/Met ('Sage'/'Worrier' - kupisa zvimwe zvinobvisa dopamine, kuve ne dopamine yakaderera uye kushandiswa kwezvimiro zvepfungwa dzinonyadzisa) inenge ichiratidza kuti mune nyaya dzemamirwo ariko, kana kuti mumhuri yenyu, dze psychosis, schizophrenia, kana bipolar disorder.	Iri ndiyo logika iyo Recovery Kernel pachayo inoshandisa pakati pezvirimwa zvinonyadzisa zvakakosha zvemagariro (MDPV, alpha-PVP): chinhu chinonyadza dopamine chete, chinoshandiswa mumuviri unoshanda neine dopamine yakawanda uye usina utsinye hwe serotonin, inounza ngozi yakakura yekukonzera psychosis pakati pezvirimwa zvinonyadzisa. Kunyatsoridzira vanhu vakawanda, psychosis inokonzerwa nezvirimwi zvinonyadza – kunyangwa ichiita kuti munhu ave nematombo – inogona kuzara mazuva kana mavhiki apo munhu anowedzera kushandiswa kwechirimwi. Asi kune iyi sarudzo chaiyo, ngozi yakakura: inogona kukonzera psychosis yekutanga kumunhu ane utano hwemamiriro akaderera uye inoita kuti mamiriro aive nematombo asazadaro azadze zvakanyanya apo chirimwi chakafanira kupera. Chidikiwa kuti chinhu chakanga chiri muchimiro, kwete kukonzera chete mamiriro ekare.

Maitiro ekuti uzive kuti zviri kuitika usati zvasvika pakutadza.

Kutarisa zvakazvimiririra zvegeneti (COMT rs4680, DRD2/ANKK1 Taq1A) ndiyo nzira yakanyatsogadzikana yekuziva, asi haisi nyaya yevanhu vese, uye chishandiso chekutarisa chinonyanya kufungidzwa uye chinoshanda nderedambudziko rekare - zvakakosha kuita iyi nharo zvine uchenjeri, kana kuti zvakanaka usati watanga kushandisa chinhu, kana kuti munguva yekutanga kwekusanzwa zvaunenge washandisa.

- Kune hutano hweimba hwemamiriro ezvinhu akadai senyanyadzo, kushanduka-shanduka kwemamiriro (bipolar disorder), kana mamiriro ekunetsa kwehunhu (psychotic episode) — kuvanhu vakaita sevabereki, vadzimba, kana vazukuru?
- Ndiri mashandisi ekuridhi uye handina mwoyo. Saka, handisati ndava nechinhu chakaita.
- Kana uchidaidzwa, kunetseka, kana kuti kuzvimba nezvakaitika zuva nezuva pasina chinhu chakakosha - zvakaita seiyo "Worrier" yeMet/Met yakataurirwa muSection 6.
- Here is the translation:

  Kangaunganidzorwa nemushakizha kana chiremba here kuti ungaita utano hwemamiriro ekufara kana utano hwehutsinye, kunyangwe zvaivapo asi usina kuenderera nekudzidzisa kwacho kana ukasarudza kuvatendera?

⚠ CHENJERERO

Chero chero imwe yemibvunzo yenyaya yekururama kana yemamiriro ako inenge ichiratidza kuti une "Met/Met" uye wakanyanya kuvhunduka nezvirume zvekunyengera, zvakakosha kuchiona izvozvo sechimwe chinhu chinofanira kudzikanwa, kwete kungoonekwa sechinhu chinoshanda. Iri ndiro basa rimwe chete muchigadziriso chino chose apo meseji haisi kuti "heino maitiro ekudzikisa ngozi" - asi kuti "kune zvakaitika izvi zvinofanira kuchinjaniswa." Kana izvi zvaunenge uchiratidza iwe kana munhu waunenge uchingobatsira, kuenda kunoongororwa nemuroziva anopfekera vanhu - kwete panguva yekukakavara - ndicho chinhu chakanaka chaungofanira kuchita. chinhu chakanaka kuti urikurapa kwaari: "Ndinoda kuziva kana ndine ngozi yekukuvadza mwoyo wangu here usati ndashandisa chinhu ichi zvakare."

Kuziva zviratidzo dzechirwere pasina mhedziso yekutsvakurudza.

- Kana makanyanya kufara, kunyatsogadzikana, uye kuziva kuti muri mupenyu nekuda kwezviridzvo, zvakaita sekunge hazvaitwe nemamwe matanho? → Izvi zvinogona kureva kuti mune "Warrior" COMT profile, asi panenge pasina DRD2.
- Kwakange kushandiswa zvinonyadzisa kuti uburitse - kuti ubude mufarwa, uwedzere nguva, uye uwane zvakawanda? → Zvichida iri Val/Val COMT.
- Kwakatanga nemutsetsera wechiedi chinonyadzisa, uye nekudaro wakawedzera kushandiswa kwacho here? -> Zvichiri zvakanyanya kuve kusagadzikana kweDRD2 uye kutanga kuita tolerance.
- Kana uchinzwa kunyanya kushungurudzika kana kusaziva manzwiro, kunyangwe usati washandisa chinhu zvakare? → Izvi zvinogona kuitika nekuda kweMTHFR — zvakakosha kuti utange kuita zviridzirisiko zvekuwedzera methylation (5-MTHF), pamwe nemamwe maitiro akataurwa muSection 8.

Sezheni 7 - Shandisa Sarudzo yeMhando.

Chimhata.	Mufananidzo wevanhu vane zvakaita.	Kunzwa kwezviratidzo zvekuderera.	Maitiro Ekudzidziswa Ekutarisirwa.
Pakati.	Kushandiswa kwezuva rimwe chete apo asiri kushandisa zvakawanda; kushandiswa nemuromo kana kufamba kwezuva rimwe chete; kushandiswa kwakadaro kwemwedzi miviri.	Kuderera - kusvikirwa kunonetsa, asi kazhinji kwakadiki uye kusinganyadzise zvakanyanya.	Kukunda kunobvumirwa kuita pachake, asi zvakakosha kuti uve nechibatsiro kubva kumunhu mumwe kana uchinzwa kushungurudzika. Zviratidzo zvekuchengetedza zveSezvisi re0 zvakadai

Chimhata.	Mufananidzo wevanhu vane zvakaita.	Kunzwa kwezviratidzo zvekuderera.	Maitiro Ekudzidziswa Ekutarisirwa.
			sezvakaratidzwa pazasi zvinoenderera.
Medium	Kushandiswa kazhinji, asi kwete zvakajairwa; kusvika mwedzi wechipiri kana wechitatu ekushandisa.	Nenzwisiso.	Mubatsiro wekutsigira uye zvishongedzero zveSection 8 kubvira panguva yekutanga zvinobvisa zvakanyanya kuipa kwechirwere.
Kudzidza.	Kushandiswa kwezvezvo zvakawanda, kunosanganisira makore ekushandisa kwezuva regumi nemamwe, akateverwa ne"crash" inogara kwemwedzi.	High - kuita zvinangwa zvakawanda nekukurumidza kunogona kuderera simba remushonga uye kukanganisawo mabhazi emuropa anobatsira kufara, zvinhu zvikuru kupfuura kana uchishandisa mushonga iwechete.	Mubvunzo wekuti upe zvipo zvekutarisira kwemazuva mashanu ekutanga anogona kuita kuti munhu arwisane nekufema. Usadaro, saka murwere anofanirwa kuvigadziriswa nemurapi.
Kunzwa kwenguva refu / kushandiswa nemutsviro kana kubhururuka, kwenguva refu.	Mwedzi kusvika makore ekushandisa, kunyanya nekutambura kana kushandiswa nemudziyo (izvo zvinogona kuita kuti dopamine ikwaziswe zvakanyanya uye nekufamba kwenguva, kukonzera kupfupa kweiyo dopamine).	Yakakwiridza – iyi ndiyo nharaunda yacho iyo nguva yekudzoka zvakare (recovery timeline) yeD2, yakamirirwa munaSection 3, yakayerwa.	Kutsigirwa kwakadaro kwevabati zvakazara zvekurapa uye zvekufarira panguva yekukunda kwezvikomborero kunokurudzirwa zvakanyanya. Ivo vanogona kuva vafambi vane uchenjeri wekushandisa hutano hwemamiriro ezvinhu, asi ivo

Chimhata.	Mufananidzo wevanhu vane zvakaita.	Kunzwa kwezviratidzo zvekuderera.	Maitiro Ekudzidziswa Ekutarisirwa.
			ndivo vagari vane mukana wekukunda kuburikidza nekubatsirwa kwekurapa kwakadaro pane kungobata nzira dzekurapwa dzakagadziridzwa nemunhu.

Section 8 - Bhizvo Rekudzorerwa.

⚠ CHENJERERO

Hazvo zvakakosha: iyi mirayiridzo haibatsire zvikanganiso zvekurasa upenyu, kusavhunduka kwemupungwa, kana kuti matambudziko emoyo. Kana uchiona chero imwe chaiyo yezviratidzwa zveSection 0, zvakakosha kuti uiyise pamberi peiyi mirayiridzo.

Tier 1 — Mutsigiro Wemitambo.

NAC - methinini dopamine surge inobva nemhando dzimwe nechimwe, uye glutamate inomutswa pamakombiyuta e-cortico-striatal. Kushanda kwelebihanwa kweNMDA receptor kubva kuglutamate kunogona kukonzera kushanduka kwemishonga mumuviri, uye zvinoita kuti zvirimo zve REM sleep dzive nehutsinye.

Mubatsiro.	Basa.
Tirozini (500-1000mg, mangwanani, kure nechidyo inogadzirwa nemapuroteni).	Mubvunzo we dopamine - dzamisa kushandiswa kana tange kudya zvakadarika, kazhinji mazuva 3-5.
NAC (600mg kazhinji kamwe pazuva, nekuidya).	Kushanduka kwakapetwa mbiri: kusimbisa homeostasis ye-glutamate uye kudzikisira zvido nekuburikidza nesystem ye-cystine-glutamate exchange, UYE chinhu chinobva pachikomba che-glutathione chinoshanda mukuchenesa mwoyo - kushandiswa kwe-meth kwenguva refu, kunyanya kana painenge pachiwedzwa zvimwe zvinogadzirisa, zvinounza utano hwakanyanya kumamiriro ekuchenesa emwoyo, uye NAC inobvisa molecule yepamoyo yekunononga yemwoyo.
NAD+ (nicotinamide adenine dinucleotide).	Kushandiswa kwezvinyoro zvine hutapwa kazhinji kunonakidza zvinhu zvinonzi NAD+, iyo inzvimbo yakakosha mukugadzirisa simba mune maseru uye kugadzirisa DNA — ndicho chikonzero nekuda kwayo

Mubatsiro.	Basa.
	kushandiswa kwezvinyoro zvine hutapwa kunounza kufara kwakadai. Kuputsa mvura nemvura (IV infusion) inzira yakanakwana uye yakafuridzirwa zvikuru yekubatsira pakunonoka kwekushandiswa kwezvinyoro, uye mamwe mapurogiramu ekliniki anoratidza kudzikiswa kwakadaro kwekunetseka nekunonoka; zvinhu zvekuputsa mumuromo (nasal spray), zvekumudhi (sublingual), uye zvemukati memuromo (oral precursor) dziri nyore kuwana asi dzinobatsira zvishoma. Iyi inzira chaiye, asi haisi chinhu chinofanirwa kushandiswa pakutanga — basa rakakosha pasi pasi (kuroorera, kudzoka, nekudya zvakaringana) rinogadzirisisa zvikuru kuwana kwemuviri; NAD+ uye mamwe matanho ekubatsira anowanikwa asi Zvinotevera zvinogona kuwedzerwa pamusoro pezvauri kutaurira, asi hazvifaniri kuchibvisa zvimwe zvinodiwa: * [...zvakawanda...]
Calcium D-glucarate (200-400mg zuva rega rega).	Nenzwisiso kune basa reNAC rakataura pamusoro, inoita basa remimwe mugadziriro yekurasa zvinhu mumuviri: inovhara beta-glucuronidase, enzyme inogona kushanduka musiyano wechipiri wekurasa zvinhu mumuviri uye kubvumira kuti zvinonzi "toxins" uye metabolites dzechimwi zvakafukidzirwa kuti dzidzokere mune bvudura pamwe chete panenge pasina kunge dzabviswa nemamiriro akaringana. Saka, paNAC inobatsira nzira yekubatanidzwa kweglutathione, calcium D-glucarate inobatsira kuita kuti zvainge zvakariswa mumuviri kubviswe chaizvo panenge pasina kunge dzidzokere mune bvudura — iyi inzwiro yebhuku inonyanya kushandiswa panguva iyo muviri unenge uchirasa zvinhu uye achitarisawo zvinogona kuve zvakanyorwa mumamiriro akasiyana.
Magnesium glycinate (300-400mg yeiyi, manheru).	Magnesium inomira zvakananga mukati memutambo we receptor ye NMDA uye inoisa pfungwa kuita kuti calcium ishandiswe kupfuura zvaanofanira, kunze kwezvo cell yacho yakawanda ne electrical charge. Iri ndiyo nzvimbo yekudzorera yemuviri pachayo inodzorerana nezvakaitika nekuderera kwenzuva ye glutamate/NMDA zvakaurwa pamusoro apa. Uku hakusi kuwedzerwa, asi kusimbisa basa rake rakanyorwa muSection 8 pazvinhu zvinobatsira kufa.
P5P (pyridoxal-5-phosphate - iyo fomu inoshandiswa yevitamin B6, 20-50mg zuva	P5P inzvimbo inodiwa yeenzira yeglutamate decarboxylase (GAD), iyo enzyme inoshanda pakutsvaga glutamate kuita GABA. Pasina P5P yakakwana, kuita

Mubatsiro.	Basa.
regumi).	kwacho kunenge kushoma, zvinozvipa glutamates zvikuru uye GABA diki, izvo zvinobatsira zvakananga kune mamiriro akataurwa mune ino chikamu. Shandisa P5P inoshanda panzvimbo yeB6 (pyridoxine) kana kuve nechikonzero chekuti methylation inogona kunetsa, sezvakaita murow yeMTHFR pazasi apa.
'Brain Stack' - Uridine + DHA + CDP-Choline.	Inogona zvakananga pachinzvimbo yemaruzhinji eD2—kudzorerwa kwemaitiro emushandirizwe wedopamine pachake, kwete kungoderedza zviratidzo chete.
5-MTHF (folate yakanyorwa).	Mubatsiro dzekushandisa zvinhu zvinobatsira kuenzwika yemitaminini, izvo zvinonyanya kufanira kana iyo nyaya yekudedera uye kusaziva zvinhu (depression/flatness) inoshandiswa nejeka reMTHFR, sezvakanyorwa muSection 6.
Mwedzi uye kunyoresa mvura mumuviri, zvokudya zine protini sezvaunenge uine nzara.	Inodzivirira zvakananga nhanho yekudonha (crash) muSection 2; kushoma kwezvinonutrisa mumuviri mushure yekuruma kwekurya zvikuru ndechokwadi uye inofanirwa kutarisirwa zvakafanana nemamirwe emamirwo.

⚠ YERAI

Neketamini, nekuti inowanikwa pamwe chete neglutamate: pane kufarira kwehutano hwemishonga mukushandiswa kweketamine muchimedu chinoita kuti vanhu vasavhare kushandisa zvinonyadzisa, uchishanda kuburikidza nekuderera kwenzvimbo dzekunyorova zvakabatwa neNMDA, uye isiri "nekugadzirisa" kunyenganyenga zvakananga, semamiriro ayo mukurapa kwekunonoka kudzokorora. Iyi ndiyo hunhu hwehutano hwemishonga husingaite kuti tive nechokwadi, inofanira kushandiswa nevarimi vane ruzivo chete, uye inoda zvakanyanya kuchengetedza pane kuiona semamiriro anogona kubatsira - iyo "Reward Deficiency Syndrome" yakataurwa mune Inongu 6 inogona kuitikawo nemishonga yechimedu inonyadzisa. Nzira yekushandiswa yemishonga inokosha zvakanyanya: ketamine inoshandiswa ne intravenous (IV) uye esketamine (Spravato, inoiswa mumuromo, yakagadziridzwa neFDA pakurapa kwekunonoka kudzokorora - iyi ndiyo nzira isingabvumidzwe). kana ikashandiswa pakurapa zvinetso zvekushandisa zvinonyadzisa, bioavailability yayo inenge yakakwirira uye inoshingaira kupfuura ketamine inodzvigirwa nemuromo, kusanganisira troches. Zvinhu zvinodzvigirwa nemuromo zvinorondedzera zvinhu zvakawanda kuropa, izvo zvinobva kuchinja uye kunonetsa kugona kwechiedza cheketamine. Panguva yekurapwa iyi, inenge yakatanga, asi isati yapora zvachose, nzira dzekubvisa ketamine nemutsvairo kana kubva mumvura dzemwoyo dzinofungidzirwa kuti ndizvo zvinonyatsobatirika kana iro rairo rakaitwa; ketamine inodzvigirwa nemuromo kazhinji inoshandiswa panguva yekurapwa yechimwe chiitiko, nguva yakapedzwa nguva dzekupfuura mwedzi gumi apo basa rekudzorerera dopamine uye glutamate rakanga radzokera zvakanyanya, sezvakataurirwa muSection 3. Iyi nyaya inofanira kukurukidzwa nechinangano chevarapi vanoziva nezve Kusiyana pakati pekushandiswa

kwezvinonyadzisa uye kufuridzirwa kweketamine, izvi hazvisi zvekudaro zvinoenderana nemamiriro ezvinhu.

Tier 2 — Tsigadziko Tekutarisira Vamedyo uye Vanoita Zvido zvepfungwa.

- Hatina mushonga wakarurama weFDA (Federal Drug Administration) wakagadzirwa zvakanyanya kuti ushandiswe pakubvisa zvinangwa zvemethamphetamine — kusiyana nemaitiro ekushandisa benzodiazepine kana SSRI, mudenderedzwa urwu unonyanya kuzvipa kutarisira uye kubatsira, kwete kushandiswa kwezvimedu.
- Kutarisa zvakanyanya zvepfungwa panguva yekukunda kwezvinhu kunogona kuita kana kurwadziwa kwemwoyo kuchidikaniswa, nekuti pane nguva yechokwadi yekurwisana neupenyu mazuva 1-5. Izvi haisi kupindira zvisiri pamutemo, asi response inonzwisisika uye yakakodzera kune nguva dzinenge dzakanyorwa seine ngozi.
- Kana chiremba achipa chinhu chinoshandiswa kuvhara utano, zvitongei CYP2D6/CYP2B6 kana zvaziva, sezvakanyorwa muSection 6.

Tier 2.5 - "Ghost Scaffolding": Kurapa wepfungano akatarisira kushandiswa zvine hungwariso kwezvinonyadzisa kuti zvibatsire.

Izvo zvinofanira kuongororwa zvakazvimiririra uye neuchenjere, nekuti inzira chaiye inoshandiswa mumishandiro yakakosha yekurapa kwezvirwere zvechido chekusavapo, uye inogona kunetsa kuitwa kana ichionekedza se "kungotora murairo wechiropa chinenge chakafanana." Hazvisi zvakadaro, kana painoitwa nemaitiro akaringira—asi kusiyana kwakakosha kudai, saka zvinofanirwa kutsanangurwa zvakanyatsokwanisa.

⚠ CHENJERERO

Iyi haisi nzira yekuita zvacho pachako. Inoda chiremba wepfungwa kana nyanzvi yemishonga yekurapa kushandiswa kwezvinodhaka, uyo anogona kuzviongorora uye kuvadzidzisa kuti ushandise zvinodhaka kwenguva pfupi chete, asi haisi simbisai rekupedza hupenyu. Kufamba nechirema chinonyadza, kana kubva kuchiremba asina ruzivo rwese nezve nyaya yako, inzira inenge yakanganisa uye ine ngozi huru kupfuura iyo yairatidzirwa pazasi apa.

Mano yekurapa: Zvinoreva kuti, zvigadzirwa zve"Gray" uye "Slow Return" zvarizvo, sezvakanyatsoongororwa muSezoro re2, zvinokonzera kushoma kwenzvimbo dzekutungamira (executive function) - kusununguka kwekunononga, kuchengetedza ruzivo mune mumwe munhu, kutanga basa - izvo zvinogona kufanana zvakajairika neADHD, kunyangwa ADHD iripo herehere panguva yekutanga kushandisa meth. Munzvimbo dzemishanyira yakakosha (izvi zvaroora nemamiriro akanyorwa mumarongero ekurapa kwehutsinye muenzaniso wekumwe nyika, kana kuti anozivikanwa se"psychostimulant substitution" kana "agonist-style stabilization"), chinhu chinonhuhwirira, chakagadziridzwa zvakanyatsogadzikana, uye chinobva kunonongedzera - stimulant inogona kushandiswa kwenguva pfupi chete kuti ibatise

kupenya kwekusununguka kwekunononga apo iyo system ye dopamine muSezoro re3 iri kuchinja nechinangwa. Sefu rakaitawo sekuwedzera buprenorphine kuti ubatsire mumamiriro akaderera kwekutarisira kushandiswa kweopioids, panze pekuti achiita kuti iye atore nguva yekudzokera zvakazara pasina kubatsirwa.

Izvi zvinoreva here?	Izvoerisiri.
Chishanduko chinobva kushandiswa kwenguva pfupi, chinosungirirwa nemunachiremuri, uye chakagadzirirwa kusvika pakukanganisika kwakakosha kwehutano hwemwoyo mumaitiro eGray/Slow Return ari muSection 2.	Chibvumirano chekuti munogona kuzvidyaidzwa nemishonga yekuwedzera simba, kunyange zvazvo mashonga acho asiri ekutarisira.
Inoshandiswa pamwe chete, asi kwete pachinzvimbo, nezviri mudunhu reTier 1 uye Tier 3 rwemubvunzo uyu.	Mutsvaire wekushandisa panzvimbo yekutambanudza, kuputsa mafuta, uye kushandiswa kwemoyo kuti zvive zvinobatsira mukudzorerwa kwechimiro cheD2 sekunge kwaiva muSection 3.
Muzvinhu zvine nharo diki uye zvinorambanidzwa mumishandiro yemarapi ekurapa kushanduka - mudziyo wehutano: Inenge kuita, asi haisati yasimbiswa.	Chigadziriro chinenge chanyatsozorora uye chinoshandiswa pakutanga, asi vazhinji vevarwere vanogara vachida kushandisa izvi zvine hanya, kana kuti havashandisi zvachose.

KUZVINZWA

Kana kufara kwepfungwa uye kusagona kuzvipira zvakuri kuita kuti ufonere kana kuti wainge wava nemutsvangiridzotyei (ADHD) kubvira pakarepo, iyi ndiyo mubvunzo yakakosha yaunogona kutaura nechiremba, kwete chinhu chaungofanira kurega uchiti "zviri kungova zvinobva mukurapwa." Dzimwe ngu dzakaoma, inongoita kunge kurapwa. Imwe ngu, ADHD chaiye, yaingori isina kuonekwa, yainge iri chikuru muchikomba chaunganga uine zvekusimbisa pfungwa, sezvakataurwa mune Section 6 pamibvunzo yekuziva zvinhu. Chiremba ane hunyanzvi anogona kukubatsira kuzvinzwisisa, uye izvozvo ndizvo zvaanenge achida kuti urikuitirei, kwete kugadzirisa.

Tier 3 — Tsigadziko Yechisikwa uye Tsigero yekushanduka kwechisikwa (Signal yokupona).

- Kudzidzisa - chinhu chakakosha zvikuru muchikwata chiri pachinzvimbo yacho. BDNF, chiratidzo yekurapa yemakumbo e dopamine akapwanyika ayo akanyorwa muSection 2 neSection 3, inogadzirwa zvakanyanya kuburikidza nekudzidzisa mumuviri. Dzamira kudzidzisa paunenge nemariro, kunyange kashoma, uye derera kusvika pawedenderera remaawa 30-45 ekudzidzisa nepfungwa yakaderere kusvika yakakwirira kazhinji mazuva ose.
- Kurara - maawa 7-9, ita zvakanyanya; kuumbwa kweBDNF uye kuchengetedzwa kwemashoko zvinenge zvakapfava panguva yekurara, izvo zvinoreva kuti kurara kusina kunyatsogadzirira kunowedzera kupenya kwebasa rekugadzirisa rakataurwa muSection 3.

- Mwedzi wekurusa - dzviti dzinopfuura makumi maviri nemamineti panze, kana zvakwanika mumavhiki mashanu ekutanga ekubuda kwekunyanya kuita kuti muropa wenyu ushande zvakanaka uye kubatsira mufaro.
- Chimwe chinhu chinonetsa uye chinoshanda kweanenge mamaminiti makumi matatu zuva rega-gwa, senge kudzidzisa bhuru, chishona, kana kugadzirira zvinhu zvinonetsa, zvinobatsira mwozo wepwere kuti uwedzere.
- Maitiro yezuva nekuita shanduko munzvimbo - kubvisa kana kushandura zvikonzero zvinoita kuti mumwe atange kushandisa chinhu, izvi zvinogona kuve nzvimbo, vanhu, kana zvinhu.

Sejecha 9 - Pamusoro peKushungurudzwa.

Methamphetamine inenge nechinzwi chakakura zvikuru munharaupo yemagari kupfuura zvimwe zvinogona kuve zviri mumutauro uyu — izvo zvinonzi 'tweaker', kufunga kuti vanhu vane kushandisa chinhu iyi vanokuvadza kana kuti vakanganwa, uye kunyemwerera kwevanhu pavanotaura nezvenhuka iyi nevanoshandiswa nayo, zvinhu zvakadai sezvinoita zvekuoma kune vamwe. Zvakanaka kukumbira izvi zvakajeka panzvimbo yekuti zvirambe tisataurwa, nekuti zvine mhedzisiro chaiyewo uye yakaratidzwa: vanhu vane utinobva kwekushandisa methamphetamine vanotaura — uye kuferefeta kwakaitwa pamusoro pekufananidzwa kwevanopa hutano kunotsigira — kuti vanowana rubatsiro rwehunaka, kurapwa kwezvinhu zvinoita marwadzo, uye kuongororwa kwevamwe. kubva kuvarwere vanogona kupiwa nemishonga kupfuura vanhu vane mamwe matambudziko ekushandisa zvinodhaka, kunyange kana vachiita zvimwechetezvo.

KUZVINZWA

Kana uchinzwa kuti unofanira kuzvigadzirisa usati udzudzisa chiremba, dentisiti, kana vatori vechipatara nezvauri kuita—izvozvo hazviite sekuti uri kutya zvisina basa. Ndiyo mhinduro inonzwisisika kune zvinhu zvakaitika. Izvo hazvireve kuti vese vanogona kukubata nenzira iyi, uye hazvireve kuti unofanira kuvhura mashoko anokubatsira kuchengetedzwa (sekutaura mubhuku reZero uye mubhuku reMashanu, nyaya yechido chekurova munhu inobatsira pakutarisirwa kwako) — asi kunyenganyenga kwaunenge uine panguva yekutaura ndiyo mhinduro yakarurama.

- Kana maitiro evanhu vemurapi achichinja zvakanyanya kana uchidaro kuti wakanga washandiswa methamphetamine, zvinokurudzira kuzvitaura kwazvo kunawo ('Ndinoda kuve nechokwadi chekuti iyi nhau hadzishandisi hunhu hwehutano hwandinowana pano'). Kana izvozvo zvisina kushanda, unogona kufunga nezvekufamba kumurapi wekumusoro - iwe unoratidzwa kuita izvozvo.
- Vakadzi vanogara zvakanyanya kwezvekurapa nezvinhu zvinoreva kushandiswa kweiyi chinhu, uye makliniki anozvipira pakuderedza ngozi anowedzera kuita izvi kupfuura mapharisi akawanda kana nzvimbo dzekutarisira dzinenge dzine hutapfupu. Zvakakosha kufunga nezvekufamba kunoenda kwemano, kunyanya kana uchida rubatsiro runogara achiitwa.

- Kusagona kunoitwa nemaitiro anorambidza, asi hazvirevi kuti kune chinhu chakaipa kwauri iwe pachako. Dhizaini yekudzokorora basa redopamine inotsanangurirwa muSezoro re3 haibatsiri zvekuti vanhu vanofunga zvii nezve unhu hwako apo ichiita basa rayo.

Sezheni 10 - Kuziva Nyaya Dzekutapwa, Kuchenesa.

⚠ YERAI.

Daira nhare findahelpline.com kana 994 pakarepo kana: kufunga nezvekufa, kana kurota kwekusvibira, kurwadza mumutsvene kana kushanda kwemwoyo, kurwadza kwakakura uye kunenge kuchangobva, kana zvidikanzo zvekushungurudzika (kufamba-famba, kushanda kwezvinangwa), kana kusava nechokwadi nekunetsa kune vamwe. Kana zviratidzo zvekusvibira chete—kunyanya kufa, kurara kwakawanda, kunetseka, kuda zvinhu, kusagadzikana mupfungwa—izvi zvinenge zvakaitika sezvakanyorwa muSection 2, asi kuwana mubatsiro uye, kana zvakaipa, kuongororwa nemudokotori kana nyanzvi dzekurapa panguva imwe chete inzira yakanakisisa.

Sezheni 11 - Mufananidzo Wemitambo Yese.

Reference	Zvinopa zvinotevera pano:
Recovery Kernel Chirongwa cheZvinodhaka uye Zvinonyadzisa, Idivhiri re3 (Maitiro Ekubvisa Zvinodhaka muropa).	Ndatai dzese dzinobatsira kuti nyoreso yechikadairo chechipiri ichi iwanzoitwa, pamwe nebhuku rakazara rekurapa uye nguva yekushandisa kweiyo nhamba yekutanga yechikadairo che8.
Recovery Kernel Compendium, Ibhuku re16.4 (Kudzoka Kwemutauro - Mhosva)	Volkow naHeinz vakataurwa muSection 3 kuti mwedzi 12 kusvika 17 ndiye nguva inodiwa kuti zvinhu zviite zvakanaka, pamwe nebhuku rekufanana nezvekushandiswa kwealcohol uye cocaine.
Recovery Kernel Compendium, Mutero 01 (Kudaira).	Itauriro rekubatsira mumamiriro ekukanganiswa, inoshandiswa mune zvikamu zve"crash" uye "pit" zvakanyorwa muSection 2.
Recovery Kernel Compendium, Mutero 05 (Kugadzirisa Nhambuko).	Basa rekubvisa zvinokonzera uye kushandura zvinhu zvekunze, sezvakataurwa muSection 8, Tier 3 - kuona uye kuchinja vanhu, nzvimbo, uye zviyero zvinoenderana nekushandiswa.
Recovery Kernel Compendium, Mutero 06 (Maitiro Eremu Rozhivi).	Maitiro ekushandiswa kwehutano hunogadzirira anenge anotanga kushandiswa kubvira pavhiki re2 kusvika pa4 muSezheni re2, apo zvinhu zvainge zvakanyanya kuipa zvava kunyatsozorora.
Recovery Kernel Compendium, Mutemo 20 (Kugadzira Mutsara Wekuziva) uye C-28 ('Kudzosa Mufananidzo').	Nezvimiro zvinotangwa pakati peMwedzi 1 ne3 muSection 2 - kwete panguva yekare. Kuumba hunhu uye nzira dzinonyanya kusimba dzinokodzera kune iyo Warrior COMT profile muSection 6, panze apo zvinhu zvakagadzirwa pachikomba kana kuti kushoma kweiyi

Reference	Zvinopa zvinotevera pano:
	chinhu.
Recovery Kernel Compendium, Ibhuku re16 (Dhizaini yeKushanduka kweMeso).	Cherechedzo yese yemwedzi mitatu yekuvandudza yakataurwa muSection 3 - zvinoreva maitiro ekutambanudza, kuenda kunorara, kudzidza, uye kushanya zuva, zvakanyorondedzwa zvizvo, kusanganisira mienzaniso yemwedzi yega yegumi remwedzi yakataurwa muSection 8.
Recovery Kernel Chimsex Guide.	Kana kushandiswa kweiyo methamphetamine yakaitika mune mamiriro ekushandisa zvemakemikari, - nguva yekuchokwa kwezvinodhaka zvakafukidzwa (GHB/meth/mephedrone) uye zvinobatsira zvinoshandiswa pamwechete inogadziriswa kuti ienderane nezvakawanda zvinhu zvinoshandiswa. Iri bhuku rinoongorora chete kushandiswa kweiyo methamphetamine yega.
Recovery Kernel: Matambudziko Rekutengeswa uye Kunyoresa.	Nenguva dzinenge dzakawanda, kunyanya kana munhu akatambura, kufunga nezvezvinhu zvinokanganisa uye kuda kuzviita zvinhu zvinogona kuve nechinzvimbo chakakosha. Kana munhu achifunga nezvezvinhu zvinokanganisa, anogona kunyatsotarisana nekusavimba, kushungurudzwa, uye kutya. Izvi zvinogona kukonzera kuti munhu aende kuita zvinhu zvinonyangadza, senge kushandiswa kwezvezvinhu zvinokanganisa. Kana uchinzwa kuti urikufunga nezvezvinhu zvinokanganisa, ndapota ubatane nemurapi. Vachakubatsira kuzvidzivirira uye kuwana nzira dzekugadzirisa matambudziko ako.

Sezheni 12 - Kupedza.

DZAKAMAHARA

Mhando yekudopamine iyo methamphetamine yakatadza haisi kukonzerwa kupwanyika zvachose. Data iri pachena uye chaiyo: kunyatsokonzera kupona mumwedzi miviri, kupona kwakakura kwezvimiro mumwaka kusvika kumwedzi mitatu nemihanneti, uye nguva dzekuposira dzemazuva makumi matatu apo kurovedza, kuputsa zvinonyadza, uye kushandiswa kwezvinhu zvitsva kunobatsira kuporesa kupfuura chero nguva imwechete mune iyo nhanho. Kunyara kwakaitwa panguva yekuposera hakuna kumbova chiratidzo chekuti chinhu chakanga chakanganisa. Chaizvo, uye zvino, inzwi rinoratidza kuti kugadzirisa kwatanga.

Chigadziko chekudzivisa ngozi - Haisi mashoko ekurapa - Haisi chinhu chinosimbisa hutano hwekurapwa.

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